



Summer Smoothies







about us ...

FITNESS CHIX IS ABOUT STRENGTH, CONDITIONING, MOBILITY & MINDFULNESS.

WE OFFER ONLINE TRAINING
PROGRAMS TO DO IN THE
COMFORT OF YOUR OWN HOME.

PROGRAMS INCLUDE TARGETING SPECIFIC ELEMENTS
OF YOUR TRAINING TO ACHIEVE YOUR GOALS

Bur Mission . . .

OUR AIM IS TO ENCOURAGE YOU TO STRENGTHEN YOUR BODY,
CULTIVATE YOUR MIND,
AND ADOPT SKILLS THAT SUIT YOUR
LIFE



Bur Philosophy...

BY CULTIVATING YOUR
PURPOSE IN LIFE, IDENTIFYING WHAT
YOU WANT, ADJUSTING YOUR HEALTH
AND WELLBEING TO SUIT WILL
AUTOMATICALLY FALL INTO PLACE

Bur Martra..

UNLEASH YOUR
INNER GODDESS





What Bur Clients say

TULSHI GOT ME THROUGH SOME OF
THE HARDEST TIMES IN MY LIFE
MENTAL HEALTH WISE WITH HER
SUPPORT, DURING PANIC ATTACKS.
WITHOUT TULSHI I WOULDN'T HAVE
THE POSITIVE RELATIONSHIP WITH
EXERCISE I DO NOW AND AM NOW
MORE COMFORTABLE TO WORK OUT





I THOROUGHLY RECOMMEND TULSHI AS A COACH AND AN OVERALL ASSET TO ANY FITNESS GOALS YOU MAY WANT TO ACHIEVE.

I'D BEEN TRYING TO OVERCOME PREVIOUS INJURIES AND SHE HAD CREATED A PROGRAMME TO MAKE THESE A THING OF THE PAST.TULSHI MADE THE SESSIONS VARIED, ENJOYABLE AND CONSTANTLY DEVELOPING.





'AFTER YEARS OF NEGLECTING BOTH MY PHYSICAL AND MENTAL HEALTH, AND HATING WHAT I SAW IN THE MIRROR; I FINALLY DECIDED IT WAS TIME TO MAKE SOME HUGE CHANGES.TULSHI HAS BEEN A HUGE MOTIVATOR AND INSPIRATION WITH ALL HER POSITIVITY AND SUPPORT!



Summer Smootnies



Avocado Burst

1 BANANA
1/2 AVOCADO
1/2 CUP ALMOND MILK
1 TSP SWEETENER (OPTIONAL)

Did you know?

AVOCADO IS . . .

*GREAT FOR VISION

*LOWERS RISKS OF DEPRESSION

*CONTAINS FOLIC ACID = HELPS
CARDIOVASCULAR HEALTH

Crazy Kiwi

½ AVOCADO
2 KIWIFRUITS
1 BANANA
2 CUPS FRESH BABY SPINACH
1/2 - 1 CUP WATER

Did you know?

KIWI HAS . . .

*VITAMIN C, ANTIOXIDANTS & FIBER

*HELPS REMOVE FREE RADICALS

FROM YOUR BODY

*STRENGTHENS IMMUNITY





fatigue Figther

1 CUP PINEAPPLE CUBED

1/2 MANGO

1/4 AVOCADO

2 TABLESPOONS CHIA SEEDS
(SOAKED FOR 5 MINUTES)

3 CUPS BABY SPINACH
8 OUNCES ALMOND MILK

Did you know?

CHIA SEEDS SERVE AS AN...

*ELECTROLYTE FOR YOUR BODY

*IRON SOURCE

*APPETITE CONTROL



Summer Smoothies



Berry Bonanza

1 BANANA

1/2 CUP FROZEN BLUEBERRIES

1/2 CUP ALMOND MILK

1 TSP SWEETENER (OPTIONAL)

Did you know?

BLUEBERRIES HAS . . .

*VITAMIN C, A & POTASSIUM

*HELPS FIGHT UTI'S

*IT BOOSTS BRAIN HEALTH



Strawberry High

1 FROZEN BANANA

1/2 CUP VANILLA SOY MILK

1 CUP VANILLA YOGURT

1.5 TEASPOON HONEY

2/3 CUP STRAWBERRIES

(ADD FROZEN BLUEBERRIES FOR

ALTERNATIVE BLUEBERRY BONANZA)

Did you know?

STRAWBERRIES HAVE . . .

*MORE VITAMIN C THAN AN ORANGE

*HIGH LEVELS OF ANTIOXIDANTS

*EXTREMELY LOW CALORIE FOOD

Peachy Coconut

1 CUP COCONUT MILK
1 CUP ICE
2 FRESH PEACHES (PEELED & CUT)
LEMON ZEST - TO TASTE

Did you know?

PEACHES . . .

*INC.POTASSIUM - MAINTAIN HEALTHY

NERVE FUNCTION

*AIDS TO RELEASE STRESS

*HELPS CONTROL HUNGER PANGS

VISIT OUR WEBSITE - <u>FITNESSCHIX.COM</u>
INSTAGRAM - <u>@FITNESSCHIXUK</u>





Bur training platform offers a variety of videos for . . .

STRENGTH
CONDITIONING
MOBILITY
MINDFULNESS

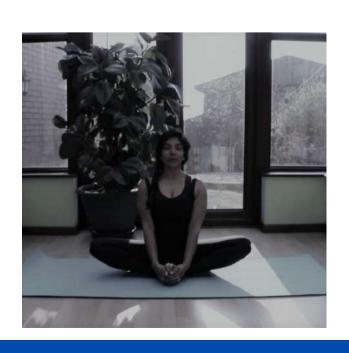
Our online community.

OFFERS PRIVATE ACCESS TO

FACEBOOK GROUP WHERE WE SHARE
PERSONAL STORIES AND EXPERIENCES
WITH OTHER FITNESS CHIX MEMBERS

INSTAGRAM - SHOWCASES
INSPIRATIONAL MOVES, QUOTES AND
ACCESS TO OUR BOOK CLUB

YOUTUBE
GIVES YOU A WIDE VARIETY OF ALL
THE VIDEOS INCLUDING MINDFULNESS
& LIVE EVENTS EACH WEEK!



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